



October 2006

Bailey's Senior Center



5920 Summer Lane, Falls Church Va. 22041

703-820-2131, TTY 711 Fax 703-998-3183

Hours of Operation

Monday - Friday

9 a.m. - 3 p.m.



A Fairfax County, Va., publication



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements

September 2006

OCTOBER 2006 HIGHLIGHTS

Every Monday

New Arthritis Exercise w/ Maxine
Time: 11 a.m.



Every Wednesday

Ceramic Class w/ Frankie Holloway
Time: 10 a.m.



Monday October 2, 2006

Visit From: CVS Pharmacist
Topic: Headache Management
Time: 11:45 p.m.



Monday October 23, 2006

Visit from: Fairfax County Fire and Rescue Dept.
Present: Fall Prevention Workshop



Friday October 27, 2006

October Birthday Celebration
Time: 1 p.m.

CLUBS & BOARDS

Every Thursday Social Meeting

9:30 a.m. - noon

Advisory Council

1 p.m. - 2 p.m.

MEAL DONATIONS

Fairfax County Department of Community and Recreation Services.
Donation Schedule and Charge for Meals at Seniors Centers Donation
Schedule.

(for individual 60 years of age and over)

<u>Monthly Income</u>	<u>Suggested Donation</u>
\$ 0 - 883	\$ 1.00
\$ 883 - 1,324	\$ 2.00
\$ 1,325 - 1,764	\$ 3.00
\$ 1,765 - 2,645	\$ 4.00
\$ 2, 646 and Above	\$ 5.00

September 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Walk for fun 10:00 Computer Club 10:15 Shopping to: 11:00 Bingo 12:00 Lunch 1:00 Tables Games
4 Holiday Labor Day Bailey's Senior Center Close	5 10:00 Computer Club 10:00 Walk for Fun 10:30 Rummikub/Dominoes 12:00 Lunch 1:00 MADD RIBBONS	6 10:00 Walk for Fun 10:00 Computer Club 10:30 Rummikub/Dominoes 11:00 Chair Exercise w/Mindy 12:00 Lunch 1:00 Telma's Happy Nails	7 10:00 Walk for Fun 10:00 Computer Club 10:00 Senior Beacon (Springfield Mall) 11:00 Tai-Chi for seniors video 12:00 Lunch 1:00 Craft w/Telma	8 Trip to: Bon Air Park Memorial Rose Garden Time: 10a.m.
11 10:00 Walk for Fun 10:00 Rummikub/ Dominoes 10:30 Computer Club 11:00 Arthritis Exercise 12:00 Lunch 1:00 Sewing Club	12 10:00 Computer Club 10:00 Walk for Fun 10:30 Rummikub/Dominoes 12:00 Lunch 1:00 MADD RIBBONS	13 10:00 Walk for Fun 10:00 Computer Club 10:30 Rummikub/Dominoes 11:00 Chair Exercise w/Mindy 12:00 Lunch 1:00 Advisory Council	14 10:00 Walk for Fun 10:00 Computer Club 10:30 rummikub/Dominoes 11:00 Tai-Chi for seniors video 12:00 Lunch 1:00 Craft w/Telma	15 10:00 Walk for fun 10:00 Computer Club 10:15 Shopping to: Shopper F.W 11:00 Bingo 12:00 Lunch 1:00 Tables Games
18 10:00 Walk for Fun 10:00 Rummikub/ Dominoes 10:30 Computer Club 11:00 Arthritis Exercise 12:00 Lunch 1:00 Visit from CVS	19 10:00 Computer Club 10:00 Walk for Fun 10:30 Rummikub/Dominoes 12:00 Lunch 1:00 MADD RIBBONS	20 10:00 Walk for Fun 10:00 Computer Club 10:30 Rummikub/Dominoes 11:00 Chair Exercise w/Mindy 12:00 Lunch 12:30 Fairfax County Fire and Rescue	21 10:00 Walk for Fun 10:00 Computer Club 10:30 rummikub/Dominoes 11:00 Tai-Chi for seniors video 12:00 Lunch 1:00 Craft w/Telma	22 10:00 Walk for fun 10:00 Computer Club 10:15 Shopping to: Safeway 11:00 Bingo 12:00 Lunch 1:00 Tables Games
25 10:00 Walk for Fun 10:00 Rummikub/ Dominoes 10:30 Computer Club 11:00 Arthritis Exercise 12:00 Lunch 1:00 Spanish Conversation	26 10:00 Computer Club 10:00 Walk for Fun 10:30 Rummikub/Dominoes 12:00 Lunch 1:00 MADD RIBBONS	27 10:00 Walk for Fun 10:00 Computer Club 10:30 Rummikub/Dominoes 11:00 Chair Exercise w/Mindy 12:00 Lunch 1:00 Telma's Happy Nails	28 10:00 Walk for Fun 10:00 Computer Club 10:30 rummikub/Dominoes 11:00 Tai-Chi for seniors video 12:00 Lunch 1:00 Craft w/Telma	29 10:00 Walk for fun 10:00 Computer Club 10:15 Shopping to: Best-Way 11:00 Bingo 12:00 Lunch 1:00 Birthday Celebration

September 2006 Shopping Trips

Friday September 1 to: Wal-Mart

Friday September 15 to: Shopper Food Warehouse

Friday September 22 to: Safeway

Friday September 29 to: Best-Way



Special Trips



Thursday September 7, 2006
Trip to: Senior Beacon Info Expo
Where: Springfield Mall (RR)

Time: 10 a.m.



Friday September 8, 2006
Trip to: Bon Air Park
Memorial Rose Garden

Time: 10 a.m.



Come visit us at Bailey's Senior Center
Learn a new game and make friends.



If you have any questions please call Maxine Davis or Telma Barrera
703-820-2131, TTY 711